
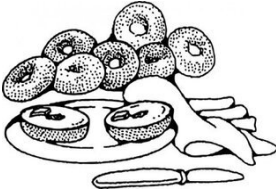


November 2024

BREAKFAST MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Note:</p> <p>* Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies: * Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on. * Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").</p>					1	2
					<i>NO SCHOOL</i>	
3	4	5	6	7	8	9
	Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Choice Milk	Pancake on a Stick Fruit Cocktail Fruit Juice Choice Milk	Biscuit & Gravy Fresh Banana Fruit Juice Choice Milk	Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Choice Milk	Whole Grain Muffin Tropical Fruit Fruit Juice Choice Milk	
10	11	12	13	14	15	16
	Mini Waffles with Syrup Fresh Pineapple Fruit Juice Choice Milk	Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice Milk	Whole Wheat Bagel with Toppings Fresh Strawberries Fruit Juice Choice Milk	Ham, Egg, & Cheese Bar with Tomato Salsa Sliced Pears Fruit Juice Choice Milk	Whole Grain Cinnamon Roll Mandarin Orange Fruit Juice Choice Milk	
17	18	19	20	21	22	23
	Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk	Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk	Scrumptious Coffee Cake Fresh Citrus Fruit Cup Fruit Juice Choice Milk	Western Omelet Quesadilla with Tomato Salsa Fresh Grapes Fruit Juice Choice Milk	French Toast Sticks with Syrup Fruit Cocktail Fruit Juice Choice Milk	
24	25	26	27	28	29	30
	Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Choice Milk	Mini Waffles with Syrup Apricot Halves Fruit Juice Choice Milk	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	